

## ABSTRACT

A polishing method particularly suitable for mirror-polishing the concave surface of a lens and a polishing device, the method characterized by including the step of polishing work surfaces (50a, 50b) while allowing parts of the dome-shaped parts of elastic polishing objects (10a, 10b) matching the curved shapes of the concaved work surfaces of the works (50a, 50b) selected from among the plurality of the elastic polishing bodies having the dome-shaped parts (11a, 11b) different in curvature and larger in area than the concaved work surfaces of the works (50a, 50b) to come into contact with the generally entire surfaces of the work surfaces, wherein the curvature centers (40) of the dome-shaped parts are generally aligned with the swing centers (41) of the works, whereby the concaved work surfaces can be rapidly and uniformly polished.